

April 2009

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana

April 22nd is Earth Day



Volume 4, Issue 4

Get Smart As You Shop



Before you Shop

Look for store ads. Plan to buy the fruits and vegetables that are on sale and use them in meals and snacks that week.

Plan your weekly meals and snacks before you go shopping.

Think variety! Make a point to try a new fruit or vegetable each week.

While you Shop

Purchase fresh fruits and vegetables in season when they tend to be less expensive.

Buy whole fruits and vegetables instead of pre-cut or pre-packaged fruits and vegetables which tend to be more expensive.

Consider frozen and canned if fresh are too expensive.

Shop smartly! Look out for added sugar in canned fruits. Choose veggies with low sodium.

Consider generic or store brands instead of name brands.

Buy larger bags of frozen fruits and vegetables. Buy canned or dried beans and use them in recipes instead of meat which is more expensive.

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Darrough Chapel Elementary

Darrough Chapel Elementary in Kokomo is making the fresh fruit and vegetable program fun. Each classroom got involved to make a fruit and vegetable door decoration. Even the art and music teacher jumped into the fun by creating a fruit and vegetable bulletin board. The students actively participated in helping create and decorate their classroom doors. Judges were brought into the school to pick the winner of the door decorating contest. Way to go Darrough Chapel!



Go, Slow, and Whoa!

Kids want to know which foods to eat to be healthy. Here is a promotional idea to help kids eat healthier by learning the difference between Go, Slow, and Whoa foods. Go foods are foods that are good to eat almost anytime. They are nutrient dense such as fresh fruits and vegetables. Slow foods are foods that are good to eat sometimes or less often such as pancakes or waffles. Whoa foods are foods that are eaten once in a while or for special occasion such as cookies and cake. Darrough Chapel Elementary uses the Go, Slow, Whoa idea in their cafeteria to help educate their students.



Source: http://kidshealth.org/kid/stay_healthy/food/go_slow_whoa.html

Nourish Interactive



Nourish Interactive is a kid friendly site. It includes many games and activities which gives a positive learning environment for kids to learn about nutrition. This is a great way to play and learn about nutrition during computer time in class. Sign up to receive a monthly e-newsletter which include easy recipes, food saving tips, and the latest nutrition games for kids. This site also focuses on helping educate parents on nutrition. It contains a healthy child meal planner which can be helpful for parents to plan a well balanced meal for their kids. It contains family tips for nutrition, eating out, fitness, and grocery shopping.

Resource: <http://nourishinteractive.com/>

What's Happening at...Columbia Elementary School

At Columbia Elementary School in Logansport, the kitchen staff is always coming up with new ideas to help promote the fresh fruit and vegetable program. They work together with Fairview Elementary School to come up with fun and exciting ideas to help the students fully enjoy the fresh fruit and vegetable program. For the month of March, the kitchen staff created and prepared lettuce wraps for each classroom. The students loved and really enjoyed this special treat. In order to make lettuce wraps for your school, mix together shredded carrots, diced tomatoes, diced cucumbers, cauliflower (bite size), and a small amount of low fat ranch dressing. Place mixed ingredients into small soufflé cups and serve with leafy lettuce. Have the students put the mixed ingredients into the center of the leafy lettuce, wrap, and eat. Way to be creative!



E-mail your school's success stories, and it may be featured in the next issue of The Buzz.

Nutrition Explorations



Nutrition Explorations is a great website for school nutrition professionals, educators, students, and parents. The site contains a lot of useful information for everyone. The website has newsletters for educators to use and send to parents on nutrition. You can sign up to receive a free wellness kit while supplies last. Educators can enroll in a free nutrition expedition program which is teacher tested and designed to support both health and language arts curricula. There is a classroom calendar for each month with handouts attached to the calendar.

Source: <http://www.nutritionexplorations.com/index.asp>

DOE's Lending Library

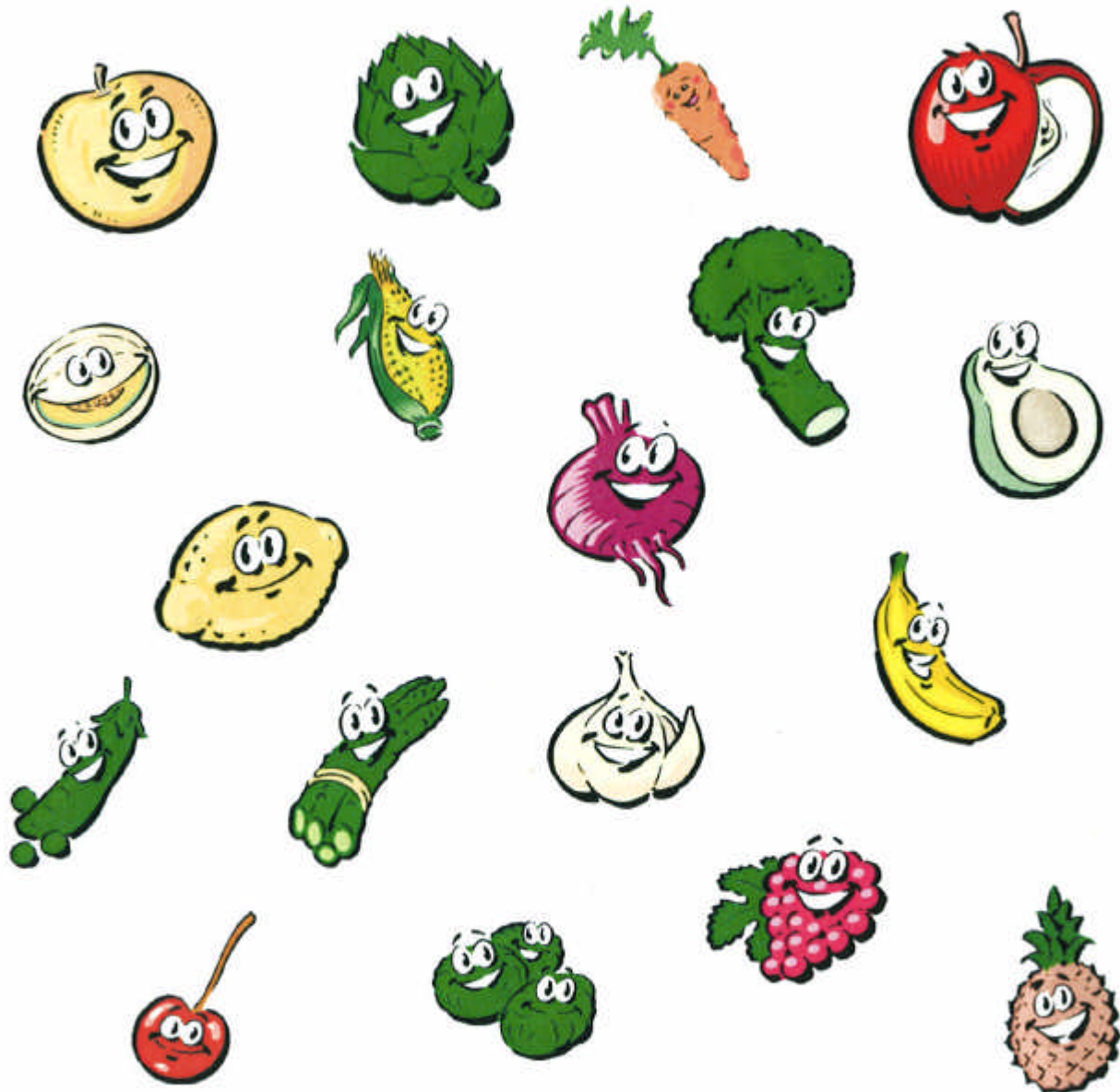


Schools now have the ability to get online and select nutritional education materials from the DOE's lending library. Go to www.doe.in.gov/food/teamnutrition and click on the lending library tab. Under the lending library tab, there is a PDF which contains the titles, descriptions, and a few pictures of the materials in the lending library. There is a form that schools can fill out and e-mail, fax, or mail to Heather Stinson. Mail the form to Heather Stinson, School and Community Nutrition, 151 W. Ohio St., Indianapolis, IN 46204, fax her at 317-232-0855, or e-mail her at hstinson@doe.in.gov.

KID EXPLORERS LOVE FRUITS AND VEGETABLES!

Veggies and Fruits add a rainbow of color to your meal.
Can you guess our names and what food group we belong to?

Put a square around all the fruits. **Put a circle around all the vegetables.**



The fun way to learn about nutrition.

Visit www.ChefSolus.com
for printable worksheets for kids,
nutrition education games,
puzzles, activities and more!

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